



## Flavor Foods: Spices & Herbs (Plants We Eat)

*Meredith Sayles Hughes*

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# **Flavor Foods: Spices & Herbs (Plants We Eat)**

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**Flavor Foods: Spices & Herbs (Plants We Eat)** Meredith Sayles Hughes

Describes the historical origins, uses, and growing requirements of various spices and herbs, such as pepper, vanilla, nutmeg, horseradish, licorice, and ginger. Includes recipes.



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